

The logo for Presbyterian Cancer Center features the word "Presbyterian" in a blue serif font, followed by "CANCER CENTER" in a blue sans-serif font. A green curved line arches over the word "Presbyterian".

Presbyterian) CANCER CENTER

Remarkable People. Remarkable Medicine.

Breast Cancer: What should I know?

Breast Cancer Facts



All women are at risk of developing breast cancer.

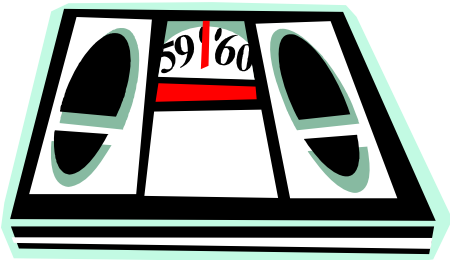
1 in 8 women will be diagnosed in her lifetime.

Risk Factors

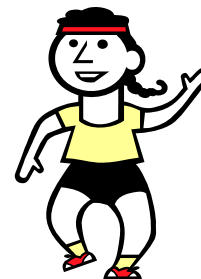


- Being Female
- *Age 50 or older – risk increases with age*
- *Family history of breast or ovarian cancer*
- *No children or 1st pregnancy after age 30*
- *High fat/calorie diet or obesity after menopause*
- *Alcohol use (2 or more drinks per day)*
- *Began first period before age 12*
- *Late menopause (over 55)*

Decreasing Your Risk



Healthy Weight



Regular Exercise



Balanced Diet



Limit Alcohol

Breast Care By Age



Age 20 - 39

Every 3 years: Clinical Breast Exam

Monthly breast self exam (optional)

Age 40 and older

Yearly Clinical Breast Exam

Monthly self breast exam (optional)

Yearly Mammogram

Mammograms

Get a mammogram every year, beginning at age 40.

The mammogram (below right) shows a lump at the red arrow.



Clinical Breast Exam



Get regular clinical breast exams by a health care provider.

Your doctor or nurse will examine your breasts for lumps, changes or abnormalities.

Breast Self Awareness



No one knows your body better than you. Be aware of any changes in your breasts. If you choose to practice breast self exam, the most effective method is to check your breasts monthly following your menstrual cycle. Check your breasts for lumps, swelling or changes. Check your entire breast area.

Warning Signs



Breast cancer usually does not cause pain in the early stages and often has no symptoms. As a breast cancer grows, it can cause changes in the breast.

Warning Signs and Symptoms:

- Painless lump or thickness
- Thickening or swelling that persists
- Nipple pain or retraction
- Breast skin irritation or dimpling
- Spontaneous nipple discharge

If You Find Something...



Don't panic. Four lumps in 5 are not cancer. But call your health care professional right away to schedule a breast exam.

Make an appointment even if you recently had a mammogram.

For More Information

For more information on breast cancer or to arrange a free presentation on breast health, contact Willie Adams at Presbyterian Cancer Center. She may be reached at (704) 384-5250 or by email at wsadams@novanthealth.org

To make an appointment for a mammogram at any of the Presbyterian Breast Center sites, please call (704) 384-4177. A reminder: women should get mammograms annually after age 40.

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